

**Supplemental Table 6. Answers to the questionnaires in 2012 in the participants with CKD Stage G1**

Question number	Questionnaire	n	Answers to the questions	%
1-3	Are you taking the following medicines at present?			
1	Antihypertensive medicines	51	1. Yes	29.4
2	Insulin injection or antihyperglycemic medicines	51	1. Yes	5.9
3	Cholesterol reducing medicines	51	1. Yes	19.6
4	Have you been told by a physician that you have suffered a stroke* or have you ever received treatment for stroke?	48	1. Yes	2.1
5	Have you been told by a physician that you suffer from heart diseases** or have you ever received treatment for heart diseases?	48	1. Yes	6.3
6	Have you been told by a physician that you suffer from chronic kidney disease or kidney failure or have you ever received treatment for chronic renal failure (dialysis)?	48	1. Yes	2.1
7	Have you been told by a physician that you suffer from anemia?	48	1. Yes	4.2
8	Are you currently a habitual smoker? ***	51	1. Yes	25.5
9	Has your body weight increased by 10 kg or more since the age of 20 years?	43	1. Yes	37.2
10	Have you performed exercise with slight sweating for 30 minutes or more , at least twice a week, for more than one year?	44	1. Yes	27.3
11	Do you walk, or engage in some physical exercise equivalent to walking, for one hour or more a day?	44	1. Yes	31.8
12	Do you walk faster than people who are of nearly the same age and the same sex as you?	44	1. Yes	40.9
13	Did you experience a weight gain/loss of 3 kg or more in the past year?	44	1. Yes	18.2
14	Do you eat faster than others?	44	1. Fast 2. Normal 3. Slow	27.3 65.9 6.8
15	Do you eat dinner within 2 hours before sleep at least three times a week?	44	1. Yes	22.7
16	Do you eat any snacks after dinner (a bedtime snack, other than three regular meals) three times or more a week?	44	1. Yes	2.3
17	Do you miss breakfast three times or more a week?	44	1. Yes	25.0
18	How often do you drink alcoholic beverages**** ?	51	1. Everyday 2. Sometimes 3. Rarely drink (cannot drink)	29.4 17.6 52.9
19	How much sake do you drink a day?*****	29	1. Less than 180ml 2. 180-360ml 3. 360-540ml 4. More than 540ml	55.2 13.8 27.6 3.4
20	Do you sleep well and get a sufficient amount of rest?	44	1. Yes	52.3
21	Do you intend to improve your lifestyle, including fitness and dietary habits?	43	1. I do not intend to improve them. 2. I intend to improve them (within about 6 months). 3. I intend to improve them soon (within about one month). I have already started doing so. 4. I have already attempted to improve them (for less than 6 months). 5. I have already attempted to improve them (for more than 6 months).	20.9 46.5 11.6 7.0 14.0
22	Do you utilize health guidance services to improve your lifestyle, if available?	51	1. Yes	54.9

n: total number of respondents to corresponding questionnaire

\*: cerebral hemorrhage, cerebral infarction, etc.

\*\* : angina pectoris, myocardial infarction, etc.

\*\*\* : "A current habitual smoker" is defined as a person who has smoked a total of 100 cigarettes or more, or has a history of smoking for more than 6 months, and has been smoking for the past one month.

\*\*\*\*: sake, distilled spirit, beer, whiskey, wine, etc.

\*\*\*\*\*: Alcohol content equivalent to a small bottle of sake (180 ml); an average sized bottle of beer (about 500 ml), a glass of distilled spirit (35 proof liquor, 80 ml), a glass of whiskey (60 ml), two glasses of wine (240 ml)